

GREAT LAKES BULLETIN

AROUND NAVSTA



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NAVSTA wins child, youth program award

CNIC honors MWR program for excellence / Page 16



Photo by Judy R. Lazarus

Child Development Center youngsters in the Marigold and Daisy group enjoy free-choice play time with Miss Tina. The center is part of the Naval Station Child and Youth Program (CYP) which received the Commander Navy Installation Command (CNIC) 2006 CYP Program Excellence Award. For story and additional photos see page 16.

About us Great Lakes BULLETIN

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Commander NRMW
Capt. R.J. Postera
Commanding Officer
Lt. Cmdr. Melissa Schuermann
Public Affairs Officer
Paul Engstrom
Managing Editor

Factual accuracy

Accuracy is important to us at the **GREAT LAKES BULLETIN** and we want to correct mistakes promptly. If you believe a factual error has been published, please bring it to our attention. Call Paul Engstrom at 847-688-4808

Vaccine trials begin to stop boot camp adenovirus

By **LARRY COFFEY**

Navy Medicine Support Command PAO

Phases two and three of FDA-approved trials of a drug developed to stop the traditional "boot camp crud" began here Oct. 7 and could eventually reduce illness in as many as one-in-five Sailors entering the Navy.

The adenoviral illness is caused by viral pathogens, or germs, that can make Sailors sick, said Cmdr. Kevin Russell, a medical epidemiologist from the Naval Health Research Center in San Diego and the Navy's lead physician overseeing the Navy's portion of the Army-led joint Army/Navy trials.

To ensure safety and effectiveness, several studies, or "trials," must be conducted before the vaccine is licensed by the Food and Drug Administration.

Phase one saw 58 volunteer Army medics as subjects and was completed in 2004.

Russell said phases two and three should be complete in late 2007.

"Careful FDA-licensing trials take many years," Russell explained.

"The adenovirus vaccine trials are on an accelerated schedule.

"Use of vaccines in all recruits may begin in 2009."

Russell said an estimated 10-20 percent of all recruits lose some time from training due to adenoviral illness, clearly impacting recruit training success and readiness.

"Two types of the pathogens – serotype-4 and serotype-7 – have a long, long history of making military recruits sick with fever, sore throat, cough, and sometimes upset stomachs and other symptoms," Russell said.

"Recruits with adenoviral illness usually feel sick for three to 10 days, and this can impact their training."

Though very rare, complications from the illness such as severe pneumonia have resulted in death.

The goal of the trials is to replace oral vaccines that were given to US military recruits from 1971 to early 1999.

NHRC surveillance of the illness from 1996-2001 determined that the adenovirus illness was still a problem and thus a vaccine was still needed.

"Unfortunately, the only manufacturer of adenovirus vaccines stopped production in 1996, and the US military had to work to find a new manufacturer when the last of the vaccine supply ran out in 1999," Russell said.

The US Department of Defense has funded the company Barr/Duramed to be the sponsor of the adenovirus vaccine trials and to eventually manufacture the vaccines.

Russell's Navy adenovirus vaccine trial staff is two active duty physicians, 11 full-time contractors and 110 part-time contractors.

His team is working closely with the US Army Medical Research and Materiel Command in Fort Detrick, Md.,

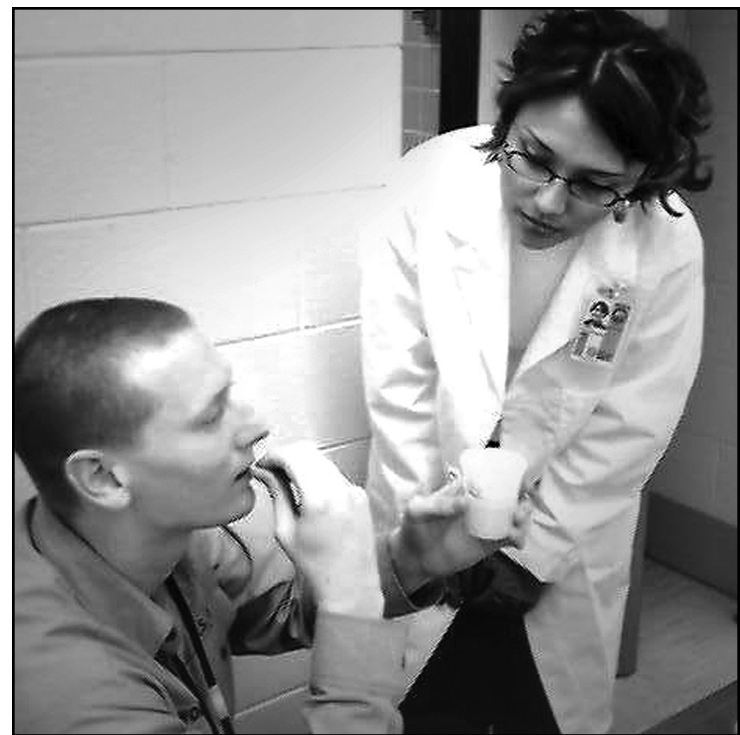


Photo by Mary Abuja

Seaman Recruit Mark Wolfe at Recruit Training Command, takes two pills given to him by Nancy Febles-Cintrón, a Great Lakes staff member. About 4,000 Army and Navy recruits will participate in FDA-approved trials that began Oct. 7 to test a drug developed to stop the adenoviral illness plaguing Army and Navy boot camps.

and researchers from the Walter Reed Army Institute of Research.

The Army trials are being conducted at the Army Basic Combat Training Center in Fort Jackson, S.C.

The Naval Health Research Center has a long history of successful research on respiratory infections, especially adenoviral infections, and NHRC houses the Navy Respiratory Disease Laboratory, Russell said, making it the ideal partner with the

Army research team.

"Approximately 4,000 recruits will participate in these studies," he said.

"Rigorous review and safeguards are in place to ensure that recruits who participate do so voluntarily and safely.

"More than 100 research professionals are working on these complex studies at each site because re-acquisition of safe and effective adenovirus vaccines is a very high priority for the US military."

New law changes handling procedures for troops' remains

By **SGT. SARA WOOD, USA**

American Forces Press Service

WASHINGTON – A new law that took effect Jan. 1 changes the way the remains of servicemembers killed in combat are transported and handled.

The 2007 National Defense Authorization Act states that the primary mode of transportation for remains of servicemembers being returned to the U.S. is military aircraft or military-contracted aircraft. This is a change from the past, when commercial service was used to transport the remains of fallen troops.

Every servicemember who dies in a theater of combat is transported by military aircraft to Dover Air Force Base, Del., for processing and burial preparation. This law changes the way the remains are transported from Dover to their place of burial.

The law also directs that an honor guard escorts servicemembers' remains from Dover to their final resting place. The servicemember's next of kin can request that commercial air transportation be used for the remains, or that the honor

NAVSTA honors top Sailors, civilian employees

Capt. Richard Postera, commanding officer, Naval Station Great Lakes, presented awards to top performing Sailors and civilians employees last month.

Those recognized were:

- Lisa Busse, MWR, employee of the year.
- Dan Kondziela, MWR, supervisory employee of the year.
- Andrew Arndt, public safety, employee of the quarter.
- Tahnee Bourland, MWR, supervisory employee of the quarter.
- EM2 Manuel Aponte, command staff, junior Sailor of the quarter.
- BM1(SW) Timothy Vance, pretrial confinement, Sailor of the quarter

"The competition was extremely keen with many nominees in each category. Those not selected should be very proud to have been nominated and those selected should be honored to have been chosen among the command's best. Again, thank you for all you do every day for Naval Station Great Lakes," said Postera.

See **PROCEDURES** page 30

Bear visits



Rashied Davis, wide receiver for the Chicago Bears, made a visit to the children of Forrestal Elementary School. The school was picked to be the recipient of an "Adopt-A-Player" auction hosted by Bears Care, a charitable organization dedicated to supporting programs that are designed to positively impact people in areas of education, youth and families, athletics and health.

Photo by MC1(AW/AW) V.K. Schaefer

Resolve now to excel at spring PRT

By **SUSAN M. KOERNER**
Training Support Center

For many, a New Year's resolution to get in shape fizzles out in a few weeks. For Training Support Center (TSC) Sailors, the Command Fitness Leader (CFL) Office can provide motivation, in the form of special liberty, fun or stress relief.

While no official date has been set for command physical fitness assessments, MMC Travis Logsdon, CFL, says they are expected to take place in April or May.

"One of the incentives we have are rewards such as special liberty for various high scores, such as the Iron Man and Iron Woman awards, which is 96 hours of special liberty," said ET1 Cathy Munson (CFL). Other awards include most improved and outstanding, which garners 72 hours of special liberty. If time off isn't reward enough, long-term benefits of regular fitness include weight reduction, better sleep and less stress. "For sure, exercise can be a great stress reliever," said Munson.

Both CFLs have a wealth of

tools and information to help sailors meet their fitness goals. "They can start by using the fitness goal progression sheet to help motivate them," said Munson. Logsdon agrees, "Once you see success as you track your progress, the more likely you'll stick with it."

The form is available from the fitness office or electronically by request.

Sailors don't need to feel on their own while they embark on a healthier lifestyle. TSC holds mock PRT's each month and are open to any sailor. "Anyone can

come in and do a mock PRT," said Munson. Group exercise classes are also available through the Fitness Enhancement Program (FEP) sessions, which are also open to other sailors who are not assigned to the program. "We mix up our workouts in FEP, I try to provide variety, make it interesting and fun," she added. There are 22 scheduled sessions a week.

Each command has an assistant CFL who can point them in the right direction regarding workout information and dietary changes. Logsdon also recom-

mends Web sites such as the U.S. Department of Agriculture's mypyramid.gov, which can provide dietary recommendations and workout plans. "It is a good Web site that gives you basic diet and exercise information and can help you with putting it together," said Logsdon. MWR also provides opportunities through the winter intramural sports programs, which include basketball, volleyball, racquetball, dodge ball, broomball and

See PRT, page 23

Petty officer to be entered in contest for grand prize trip

By **JUDY R. LAZARUS**
Bulletin Associate Editor

HM2 Daniel Bobic is in the running for an 11-day all-expenses-paid trip for two to Australia. The petty officer is entered in a drawing sponsored by the Morale, Welfare and Recreation Program at Perth, Australia, in partnership with Qantas Airlines and Tourism Australia.

The contest was held by all participating Navy ITT and Army ITR offices, through the

Web site ITTAustralia.com. It was open to anyone affiliated with the military, including active duty, reservists, DoD civilians, and family members.

One winner from each office will be entered in the grand prize contest, whose winner will be chosen the week of Jan. 15. The Great Lakes ITT office will be informed of the results on Jan. 24.

"We had 250 entrees," said ITT manager Tiffany Johnson.

The trip for two, originating

and ending at the nearest ITT office, includes two land tours in Australia, and is worth a total of \$8,750.

"Knowing that MWR does stuff like that for Sailors is definitely a nice incentive," said Bobic, a native of Pulaski, Pa. "I would like to win and take my wife to Australia. It would be a dream vacation."

Bobic said he entered the contest on the last day.

"When I discovered I was the winner from here I was so surprised."



Photo courtesy of MWR

ITT Manager Tiffany Johnson congratulates Great Lakes prize winner HM2 Daniel Bobic.

Mustang University graduates last class aboard NAS Pensacola, closes a chapter in naval history

By **LARRY W. KACHELHOFFER**
Gosport Associate Editor

An era ended Dec. 15, 2006, and became a part of naval history as the last classes of Naval Air Station (NAS) Pensacola's "Mustang University" Limited Duty Officer (LDO), Chief Warrant Officer (CWO) and Direct Commission Officer (DCO) schools graduated. As a part of the Base Realignment and Closure (BRAC) requirements, the schools will relocate to Newport, R.I., and the first class is scheduled to begin Jan. 8. The schools have been at NAS Pensacola since the 1970s.

Retired Capt. Ron Jaeh, a "Mustang" who retired as the commanding officer of Naval Air Technical Training Center aboard NAS Pensacola, was the guest speaker for the graduation.

Lt. Cmdr. Tony Taranto was the director of the CWO/LDO program for the past year. "Throughout its rich history, Mustang University has trained and prepared thousands of limited duty officers and chief warrant officers for their vital roles in the fleet," Taranto said.

"Although the school is relocating, the rich history and proud tradition of the community will continue in Newport (R.I.)."

According to Taranto, the memorabilia from the schools has been shipped to Newport to be hung in the new school, as well as the contents of the Mustang Museum.

CWO/LDO

Though all three courses fell under the command of Officer Training Command Pensacola (OTCP), the CWO/LDO classes were taught separately from the DCO classes. And according to Taranto, the Officer Indoctrination School and LDO/CWO school will be combined to form the Basic Indoctrination Course under the new system.

All of the staff is composed of former students. "What makes us unique is that we

“There is a lot of rich history here and it's a sad day. It's a bittersweet thing for me to be the last director. I'm proud to be here, but I hate to be the one to close it down.”

Lt. Cmdr. Tony Taranto
Director of the CWO/LDO

train our own," Taranto said.

As the last director of the school in Pensacola, Taranto said, "There is a lot of rich history here and it's a sad day. It's a bittersweet thing for me to be the last director. I'm proud to be here, but I hate to be the one to close it down."

The men and women who go through the schools are proud people. They also shared similar feelings with Taranto. "To know you're a part of naval history, it's special," Ens. Matt Schell said. "We are the last class to make the transition through Mustang University and end an era. The last to fulfill the dream in Pensacola. The last stampede. To know my son's kids could possibly read about this event 20 to 30 years from now is an amazing feeling."

DCO School

Lt. Scott Kuykendall was the director of the DCO School. According to Kuykendall, the DCO program takes experts from the community, such as doctors, nurses and civil engineers and trains them as restricted line officers, cryptologists, intelligence officers and public affairs officers.

All DCOs are part of the Navy's Reserve Component. They do their weekend drills and two weeks each year," Kuykendall said.

According to Kuykendall, all of the officers who go through the DCO program go

to Iraq or Afghanistan for one to two years.

"It's a good bang for their buck for the Navy," Kuykendall said. "Because they don't have to train them in their field and they do what they do every day in their civilian job."

The DCO School is only two weeks long.

"Like a two-week boot camp," Kuykendall said.

And they're already commissioned when they get to the school. All of them attend DCO School as an ensign, except those in the medical field, and they are all commissioned, at minimum, as a lieutenant, and some as lieutenant commander, depending on their skills.

Marine Corps drill instructors from OTCP perform part of the training for the DCO School. According to Gunnery Sgt. Fredrick Smith, the drill instructors teach the students how to march and call cadence as well as physical training, including a 20-minute run. "As a leader, you cannot fall out on a run," Smith said. "You have to be up front. As an officer, you'll be up front."

Smith added, "I go to their graduations. If they need something (after leaving the school), all they have to do is call me." He added, "They need to trust their senior enlisted leaders. To be a better leader, you have to know your personnel."

An ending, a new beginning

"While it is sad to see the Pensacola chapter of Mustang history close, it will be exciting to see the legacy continue in Newport in the future," Taranto said.

Cmdr. Moses Everett is commanding officer of Officer Training Command Pensacola. Referring to the school closing, he said, "It was part of the BRAC recommendations. Their move is to make significant savings to the Navy. We're going to miss them, but in the best interest of the Navy and the BRAC recommendations, I understand the move."

December Yards of the Month



Jennifer Barton, wife of Navy Capt. Dan Barton, won of the Glenview housing yard of the month.



Navy Capt. James Ragain and wife Debra, were the winners of Brick Row aboard the Naval Station.



Petty Officer 1st Class Jason Johnson, wife Susan and family, won top decorating honors in Forrestal Village.



Petty Officer 2nd Class Joseph Forbes stands with wife Staci and children Karli and Regan in front of their winning Halsey Village entry.

Readers Speak Out

This week the Bulletin asks its readers, "Which sport would you most want to play professionally and why?"



"Major League Baseball. The Red Sox don't hire football players."

FC3(SW) Samuel Hess



"I love football, but I would lean toward a career in professional baseball because of its longevity."

ATAN Shane Andrews



"I would want to be a professional hunter and have a show on the Outdoor Channel, because it has always been my life's dream to be an outdoor professional."

FCSN Thomas Bender



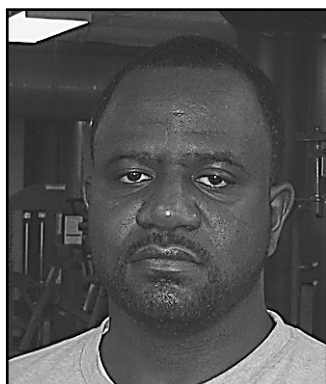
"Be a professional volleyball player, because I just want to be in the sunshine."

HM1(SW/AW) Elizabeth Hines



"A professional women's football player. It would allow me to physically tackle the challenges in life."

Lt. Renee Tsangaris



"Professional football, because it is very physical."

HM3 Joseph Smith

What Happened When

A look back at historic Great Lakes

40 years ago MILITARY SONS HONORED

Two recruits, both sons of military men, will be honored today during the recruit graduation ceremonies. Joseph F. Shields III, son of a Air Force chief master sergeant, will receive the American Spirit Honor Medal and Donald L. Coleman, son of an Army chief warrant officer, will act as brigade commander for the graduation review.

30 years ago BASKETBALL TOURNAMENT

The 1977 Men's and Women's 9ND Basketball Tournament will be held in Gym 500 Jan. 31-Feb. 4. A meeting for female personnel interested in participating on the Naval Training Center team will be held in the sport's office, Gym 500, Jan. 10 at 4 p.m. The NTC Commander's Cup Jan. 17-20 will determine the men's team to play in the 9ND competition.

20 years ago HOME LOAN CEILING RAISED

The Veterans Administration has raised by about 10 percent the minimum amount of money you must have to qualify for a home loan. But a VA spokesman said the new guidelines, which became effective Oct. 1, are not ironclad. "We set four minimums across the country, which amounts to an average increase of more in some places and less in others," the spokesman said.

10 years ago PRACTICE FIRE SAFETY

As the temperatures drop the number of residential fires goes up. The Great Lakes Fire Department wants everyone to have a worry-free winter. Before the home heating season begins, have a qualified serviceman inspect the furnace and change the filters. Make sure that all papers, trash and flammable liquids are kept away from the furnace area.

Snapshot

Name:

Dale Richardson

Hometown:

New Orleans, La.

Job title:

GS-5 Program Leader

Time in position:

Nine years

What do you enjoy most about working at Great Lakes?

I enjoy working with teachers and motivating them to be the best they can be in the early childhood field

Childhood ambition:

To be a lawyer

First job:

Nurse's assistant

What do you enjoy doing in your spare time?

Mastering the computer

Dream car:

Sebring convertible

Favorite music artist:

Patti Labelle

Favorite book:

The story of Rudy Bridges by Robert Coles

If you could meet any person - alive or dead - who would it be?

My grandfather

Your perfect day:

To feel like I accomplished something at the end of the day.

Your hero:

My husband Marlo Richardson



Dale Richardson

NMCRS volunteers needed

The Great Lakes Navy and Marine Corps Relief Society is looking for volunteers. By volunteering you can help a fellow Sailor or Marine and:

- Receive reimbursement for childcare expenses and mileage
- Help people with an emergency need
- Build your resume

•Develop new skills or improve on existing talents

They are now interviewing for the following volunteer positions:

- Thrift Shop workers who accept and organize donated items for resale through the NMCRS Great Lakes Thrift Shop.
- Receptionists who provide

information, greet clients, and process data.

•Caseworkers who listen to requests, make decisions and disburse funds to meet client needs.

Contact Navy-Marine Corps Relief Society Great Lakes for an application or call for more information at (847) 688-6830.

INFORMATION, TICKETS & TRAVEL

Building 400, 688-3537

Hours of Operation
Mon.-Fri.: 10 a.m.-5 p.m.
Sat.: 9 a.m.-1 p.m.
Sun. & Holidays: Closed

January Holiday Hours of Operation:

Jan. 15: Closed.

Australia...

Planning to visit the land down under? ITT can assist you with airfare, tour packages and 3, 4 and 5 star accommodations at unbelievable prices! Visit the ITT Australia Web site: www.ittaustralia.com or call for details, today!

Chicago Wolves Hockey

For the fourth straight year, the Chicago Wolves and the MWR Department are offering 100 free tickets to each and every home game at the Allstate Arena in Rosemont, Ill. All eligible MWR customers may stop by the ITT Office to sign-up (at least two days prior to the game of choice) to receive a voucher (good for up to four tickets) for any home game per month (additional tickets are permitted if availability exists). Customers must present the voucher at the Arena's VIP ticket window on the day of the game to receive their free tickets.

MWR Travel Plus...

The MWR Department's ITT Office operates a full service Leisure Travel Office

– MWR Travel Plus! Services include air travel at special military discounts; emergency and dependant travel; off-duty and leave (vacations); and tours and cruises, many at military discounts. A drop phone is available at the ITT Office, which may be used for travel information anytime during regular operating hours.

MWR Travel Plus may be reached directly at (800) 905-9330; they may also be found on the web at www.travelplus-inc.com. MWR Travel Plus "In Person" Hours (when airline tickets may be purchased) at the ITT Office, Mondays, Wednesdays & Fridays; 10 a.m.-5 p.m. Itineraries may be picked up at the ITT office. Hours the phone service will be in operation Monday-Friday, 8:30 a.m.-5 p.m.

Quality Inn Waukegan

Quality Inn Waukegan is offering low rates to all base personnel, family and friends. Enjoy a complete deluxe continental breakfast bar and newly renovated rooms with special Military rates from \$49/night, located only three miles north of the base at 619 South Green Bay Rd. For reservations, call (847) 662-3200.

America's Action Territory

America's Action Territory is the "Midwest's Finest Family Entertainment Center", offering go-karts, bumper boats, mini-golf, and more! year-round, customers will enjoy a 15,000-foot

arcade/redemption area, as well as laser tag, inflatables and more. Located in Kenosha, Wisc. (off Hwy. 50 and I-94), Action Territory offers a 10 percent military/government discount with a proper I.D. In addition, The ITT Office now offers discount packages to save even more money! Check out the savings at the ITT Office (Bldg. 400) or call 688-3537 for further details. Discount packages include a wristband special of three games of laser tag/20 game tokens and a slice of pizza and a soda. Kids indoor wristband offers unlimited use of the indoor inflatable games, 20 game tokens and a slice of pizza and a soda.

Ramada-Waukegan

The Ramada-Waukegan, located at 200 N. Green Bay Road, offers all Great Lakes staff, recruits and families a special \$79 rate. Six Flags packages are also available with discounted tickets to the park, hot breakfasts and overnight stays included. Enjoy our variety of amenities: Indoor pool, hot tub, sauna, gift shop, exercise room, restaurant and lounge. Please call (847) 244-2400 to book your next overnight stay at the Ramada-Waukegan.

Military Ticket Vouchers (MTV)

Through the Military Ticket Vouchers (MTV) program, ITT Offices can provide their customers discounted pre-paid admission to theatres, theme parks, museums and other attractions throughout North American. Military Ticket Vouchers can also be used to save significantly on the cost of lodging reservations at hotels and resorts throughout the U.S. Call today to for a list of attractions at 688-3537.

Welcome Lodging

Welcome Lodging of Waukegan is offering extra low rates for all base personnel starting at \$49.99/night, which includes their fabulous breakfast bar. Quality rooms may be enjoyed at a great price and located just three miles north of the base at 619 S. Green Bay Rd. Call (847) 662-3200 for reservations today! Use code "NVGL" when booking your reservations. www.welcomelodging.com

Holiday Inn Hotel & Suites Chicago Downtown

Now serving Great Lakes with discounted rates from \$89/Night (king or two double beds). Located on Harrison St. at Canal St., four blocks south of the METRA Kenosha North Line stop and two blocks from Amtrak/Union Station, Greyhound Terminal, and Scarlett's. Hotel features an outdoor rooftop pool & deck and Aurelio's Pizza & Lounge. Sears Tower, Greek Town, Grant Park, the Museum Campus, and the Lakefront are all minutes away. Clinton "L" stop of the CTA Blue Line is located at the base of the hotel.

Offer subject to availability. Stop by the ITT Office for additional information or visit www.hidowntown.com. For advance reservations, call (312) 957-9100 and ask for the NAVY rate.

★ ROSS ★ THEATER

Movies: \$2-Adult (Military or DOD)
\$1-Child (ages 6-11), Free-Under age 6

Ross Theater is located in Bldg. 110 and is open to everyone. Children 17 years of age and under trying to gain access to a "R-Rated" movie must be accompanied by an adult.

GREAT MOVIES AT A GREAT PRICE!

**Fri., Jan. 12
6 p.m.**



the
nativity
story

PG~For some violent content. (100 Min.)

**Fri., Jan. 12
8:30 p.m.**



UNACCOMPANIED
MINORS

PG~For mild rude humor and language. (90 Min.)

**Sat., Jan. 13
6 p.m.**



Deck
The Halls

PG~For some crude and suggestive humor, and for language. (93 Min.)

**Sat., Jan. 13
8:30 p.m.**



Stranger
than
Fiction

PG 13~For some disturbing images, sexuality, brief language and nudity. (113 Min.)

**Sun., Jan. 14
3:30 p.m.**



HAPPY
FEET

PG~For some mild peril and rude humor. (100 Min.)

**Sun., Jan. 14
6 p.m.**



DEJAVU

PG 13~For intense sequences of violence and terror, disturbing images and some sensuality. Comedy (126 Min.)

**Mon., Jan. 15
6:30 p.m.**



CASINO
ROYALE
007 STARRING DANIEL CRAIG

PG 13~For intense sequences of violent action, a scene of torture, sexual content and nudity. (144 Min.)

The movie schedule is subject to change without notice.

For up-to-date information,
call the MWR Scoop Line at 688-2110, ext. 697,
24 hours-a-day or check the web site at

www.mwrgl.com



Morale, Welfare and Recreation's Holiday Hours of Operation for Mon., Jan. 15, Martin Luther King, Jr. day

Auto Skills Center, Bldg. 2110, 688-2457; Closed
Youth and Family Activities; Great Lakes Youth Center, Bldg. 2600, 688-5573; Closed
Willow Glen Golf Club, Bldg. 3312, 688-4593; Closed
Information, Tickets and Travel, Bldg. 400, 688-3537; Closed
Great Lakes Library, Bldg. 3, 688-4617; Closed
Marina/Rental Center, Bldg. 13, 688-5417; Closed
Climbing Wall, Bldg. 4 (Courts Plus), 688-7769; Closed
Ross Theater, Bldg. 110, 688-6763; Movie: 6:30 p.m. - Casino Royale (PG-13)
The Loft, Bldg. 2A, 688-2214; 10 a.m.-10 p.m.
Veterinary Clinic, Bldg. 111H, 688-5742; Closed
Rynish Bowling Center, Bldg. 180, 688-5612; 5 -10 p.m.
Port O' Call (Office, Pub 140 and Eagle's Nest), Bldg. 140, 688-6946; Closed.
Pier 525, Bldg. 525, 688-4641, Skyline Food Court; noon-10 p.m.
Club Nitro; 6:30-10:30 p.m.
Gameroom; 10:30 a.m.-11 p.m.
21 and Over Lounge; 4-11 p.m.
Zapper's Snack Bar (HCS), Bldg. 130-H, 688-7533; Closed.
Zapper's Snack Bars, Bldg. 616, 621 and 236, 688-2214; Closed
Fitness and Sports Division:
Bldg. 440 (Fieldhouse), 688-3419; 10 a.m.-6 p.m. Bldg. 440 Indoor Pool (Fieldhouse), 688-3419; 10:30 a.m.-2 p.m. Bldg. 4 (Courts Plus), 688-6750; Closed. Bldg. 2A, (Great Lakes Fitness Center), 688-5649; 8 a.m.-2 p.m. Bldg. 80-H Gym, 688-3610; Closed. Bldg. 80-H Pool, 688-3610; Closed
Child Development Centers, Bldg.'s 3110, 2700, 2101, 688-2110, ext. 129; Closed.
Child Development Home Program and R&R (Office), Bldg. 3110, 688-5498; Closed.
RTC Recreation Center, Bldg. 1326, 688-3645; 8 a.m.-8 p.m.

● **CHAPLAIN'S CORNER**

Hoppe's No. 9 for the Soul

By LT. NEAL KREISLER

It's a good idea to keep your guns clean and oiled. Proper maintenance of firearms will preserve their smooth and reliable operation. This is especially important if using black powder ammunition, which leaves a terrible fouling inside barrels and cylinders, gumming up the mechanism of your gun. And certain types of ammunition can be particularly corrosive, eating away the steel lining of a gun barrel if not removed by cleaning shortly after use. Even modern smokeless powder loads will leave carbon and dirt in the barrel and action of your guns. So be sure to clean them after a day at the range; you will prevent them from getting clogged up.

We are all familiar with the disaster that results when holes and passages that should be kept open become clogged. Once while I was preparing fried potatoes (one of the few dishes I know how to make) in the kitchen, I left the peels in the kitchen sink, and used the garbage disposal to get rid of them. Oops! This resulted in a catastrophic blockage of the kitchen sink. Dirty, black water began to back up and fill the empty basin. Then the clog spread to the other basin, and within a few moments, the plumbing ceased functioning altogether. What a mess!

A kitchen sink is a wonderful implement, provided it functions freely. So is a gun. But all it takes is one little clog to ruin your day with either.

The human soul can become clogged, too, just like a gun or a



Not properly cleaning your firearm can leave carbon and dirt in the barrel and action of the gun, clogging the weapon and making it unsafe to fire. The human soul can become clogged, too. How can you keep your soul from being clogged by the sorrows and distress of life? Do not allow the memories associated with traumatic personal events bind you.

kitchen sink. Traumatic events that people experience sometimes stuff up the plumbing of their souls, and result in a cessation of healthy emotional functioning, with a resultant overflow of harmful psychic influences into every aspect of their lives.

Military personnel returning from theater sometimes suffer from the debilitating influence of traumatic events. The psychiatric establishment designates this condition as Post Traumatic Stress Disorder (PTSD). Indeed, the ever increasing repertory of newly designated mental health disorders stimulates a lucrative market for the development and dissemination of medications for treatment. The pharmaceutical

industry gets rich, despite the questionable benefits obtained by narcotizing one's senses with prescription drugs.

But even the mundane and troublesome events of our daily existence can contribute to a "clogging" of our soul, a blockage of our spiritual motility, a spasm in the otherwise free-flowing peristalsis of our spiritual apparatus. And when this occurs, we cease to function effectively. For our soul has become blocked, and the pain and torment within overflows, seeping into other systems of our being, corroding our lives, just as effectively as the residue remaining in the barrel of a gun or your kitchen sink impedes their proper functioning.

We cannot escape traumatic

and emotionally shattering events in life. These constitute an inherent and inescapable feature of the human condition...just as do the experience of vivid joy and happiness. It is essential, however, to keep the events of the life you experience flowing unimpeded through the plumbing of your soul, unfettered by clogs and blockages, and purged of harmful debris.

How can you keep your soul from being clogged by the sorrows and distress of life? Do not allow the memories associated with traumatic personal events to become bound up within you! Re-visit your experiences, and resolve their complexities to achieve peace within your soul. Confront the memories that plague you. Talk about your ex-

periences with people you trust (only when you are ready to!), and let the events flush out from within. Every trauma will naturally leave emotional residue or scars, as surely as the junk descending through your kitchen sink, but insofar as the stressful memories are allowed to flush through, your soul will remain functioning as it should.

So when the vicissitudes of life harangue your heart, and your emotions seem on overload from sorrow, stress, or grief, open your heart and let it flow and flush out! It's time to break out the Hoppe's No. 9 for the soul, and get to work making your barrel clean! Be a flowing part of the moving stream of life, whose current inexorably strives toward the endless horizon.



Jan. 15, 1929 to April 4, 1968

● **Command Religious Program Schedule****Catholic**

Sun., 9 a.m. Sunday MassBluejacket Memorial Chapel
 Sun., Noon Sunday MassForrestal Village Chapel
 Mon.-Fri., 11:45 a.m. Weekday MassBluejacket Memorial Chapel
 Sun., 10:30-11:30 a.m. CCDBldg. 122
 Sun., 10:30 a.m. Catholics Seeking ChristBluejacket Memorial Chapel

Protestant

Wed., Noon Praise, Word and WorshipNaval Health Clinic All Faiths Chapel
 Sun., 10:30 a.m. Contemporary WorshipBluejacket Memorial Chapel
 Sun., 10 a.m. Family Worship ServiceForrestal Village Chapel

Church of Jesus Christ of Latter Day Saints

Sun., 1:30 p.m.Naval Health Clinic All Faiths Chapel

Chapels

•Bluejacket Memorial Chapel - Bldg. 3, Naval Station
 •Forrestal Village Chapel - Bldg. 2630, Ohio St., Forrestal Village
 •Naval Health Clinic All Faiths Chapel, Wing 2 South
 •For More Information about any of the services or events listed in this schedule, call 688-5610

Great Lakes chaplains are happy to help you find a place of worship according to your tradition and needs.

Start the new year with new fishing line

By KEN COOK

1991 Bassmaster Classic champion

Fishing experiences can range from both the pleasure that comes from catching a fish to the pain and frustration that comes when "the big one" gets away. For every successful fish story you might hear at the boat ramp, there are probably many more tales anglers left in disbelief as the fish of their dreams breaks their line — never to be seen again. For those of you fishing for fun, the heartbreak is usually temporary.

For those of us who fish for a living, that same heartbreak can also break the bank. One missed fish can be the difference between cashing a paycheck and going broke. That's why professionals — myself included — make every effort to minimize the chances of this happening to us.

First and foremost, we start with our fishing line. Your fishing line is the only connection between you and the fish.

Fishing line, as it ages, comes into contact with many things that all work to break it down and make it weaker. The repeated stress and strain of fighting big fish, rubbing on rocks and timber, sunlight, water, even a fish's teeth can cause your line to become weak and more likely to break the next time you're fighting that big fish.

Maybe your fishing gear spent the winter confined to a lonely corner of the garage or locked away in the rod locker of your boat. If you are lucky, maybe you fish all through the winter while others stay hunkered down in front of the fire trying to keep warm. Either way, your fishing line has now been exposed to repeated temperature changes — from the sub-freezing cold on winter's frostiest days to the sometimes 60- and 70-degree highs that can still be had during winter in

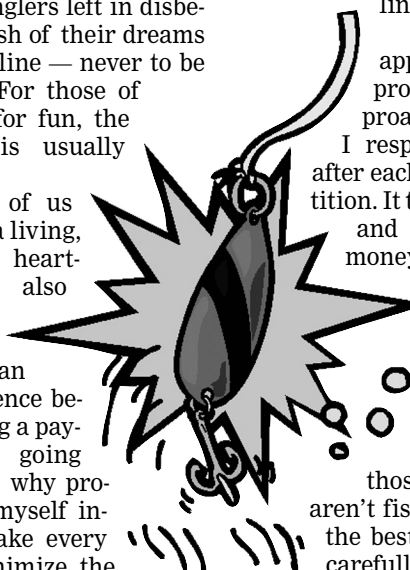
some parts of the country. Those extreme temperature changes weaken your line. So before you begin your new year on the water in search of big bass or any other species of fish, take advantage of any off-season tackle sales that might be going on or cash in those gift cards you got for the holidays and stock up on fresh fishing line.

The best approach is a proactive approach. That's why I respool my reels after each day of competition. It takes some time and costs some money, but it's better to spend a few dollars on fishing line than those several thousand because I lost a fish. For those of you who aren't fishing every day, the best thing to do is carefully examine your line before each trip, look for cuts and abrasions. Whenever your reels have been sitting in the garage for a long time or if they spend a lot of time in the sun, take the time to respool them. If you use colored line, check the colorfastness. If the color has faded, chances are that it is time to respool.

I prefer to keep bulk spools for respooling because it helps me save money and time. I keep them closed in a cabinet in a cool, dry place with the date of purchase written on each spool. It is important to store the line away from sunlight and moisture.

Today's technology means has brought us superior fluorocarbon line that give anglers the strong, manageable line they need to land big fish. But even the best line can wear down after prolonged use. Whether you fish for fun or for a paycheck, it's better to be safe than sorry. Respool often and avoid the heartbreak of a lost fish.

Ken Cook is a former fisheries biologist, and lives on his ranch in Meers, Okla.



● GREAT LAKES FITNESS CENTER Bldg. 2A, 688-5649

The Great Lakes Fitness Center is a complete, state-of-the-art health and fitness center. Special features of the Center include a "Weight Room" area that boasts over 75 weight machines, 4,500 pounds of weight plates, as well as Body Master plate-load equipment. The "Cardio Room" includes treadmills, crosstrainers (ellipticals), lifecycles, stepmills and more - complimented by 32" flat screen TV's equipped with "cardio theater" for viewing pleasure while working out. An Aerobics and Spin Studios offer various group exercise classes. Massage Therapy is available during the week and appointments can be made at the Front Desk. Plus, saunas, and locker and towel services are available. The Naval Hospital Health Promotion Office is also located in the Great Lakes Fitness Center.

Hours ... Mon.-Thurs. - 5 a.m.-9:30 p.m.; Fri. - 5 a.m.-8 p.m.; Sat. - 7 a.m.-6 p.m.; Sun. - 11 a.m.-5 p.m. Holiday hours will be posted.

Volunteer Coaches Needed!

Volunteer Coaches are needed for the upcoming Winter Basketball 2007 Co-Ed League. No experience is necessary, just a

willingness to have fun and teach youth. All leagues will run with the help of our local military community. This is a great opportunity to participate in your community. Please contact Lori at the Great Lakes Youth Center at 688-5573, if you are interested in coaching Youth Basketball.

Massage Therapist

Sports Massage, Swedish Massage, Therapeutic Massage and Hot/Cold Stone Massage! Make an appointment with our Massage Therapist today! Stop in for a 5-minute "Chair Massage Tune-Up" (when therapist is available) on Monday and Wednesday, 3-6 p.m. and Friday, 11 a.m.-1 p.m. "New" weekend times are now open - by paid appointments, only. Call the Great Lakes Fitness Center for times and availability.

Aerobics Classes

Aerobics fees apply for all classes unless otherwise specified. All eligible gym customers are welcome. Classes are subject to change without notice. All classes take place in the Aerobics/Spin Studio at the Great Lakes Fitness Center.

Step. Tues. & Thurs.; 11:40 a.m.-12:30 p.m.

Spin. Spin Classes take place in the Fitness Center's Spinning Studio. Advance sign-ups are recommended for this program.

Mon., Wed. & Fri.; 11:45 a.m.-12:30 p.m. and 4:30-5:15 p.m.

Pilates. Mon. & Wed.; 11:30 a.m.-12:30 p.m.

Yoga (Hatha Style); Tues. & Thurs.; 6-7 p.m.

Power Lift. Tues. & Thurs.; 5-6 p.m.

New Life Fitness 30-Minute Circuit Workout!

Our fitness floor staff will put you through a quick, efficient and effective workout.

Aquatics

Indoor Pool, Bldg. 440, 688-7692/3419

Registration is currently being taken for the winter session - Youth Swim Lessons begins Jan. 15.

Water Aerobics

Water Aerobics are scheduled every Tuesday and Thursday from 6:30-7:30 p.m. The cost for 10-classes is \$25 and for 20-classes is \$35. Meet our newest aerobics instructor, as she gets your feet movin' and body groovin'!

MWR SKI TRIPS!

Enjoy Great Ski Trips & Save Money Through MWR ITT!



• Sat., Jan. 13, 9 am-6:30 pm	Highlands of Olympia	\$45/person
• Fri., Jan. 19, 3 pm-11 pm	Wilmot Mountain	\$55/person
• Sun., Jan. 28, 9 am-6:30 pm	Alpine Valley	\$55/person
• Fri., Feb. 2, 3 pm-11:30 pm	Wilmot Mountain	\$55/person
• Sat., Feb. 17-18 7 am (Sat.)-10 pm (Sun.)	*Nordic Mountain	\$180/\$160person
• Sun., Feb. 25, 9 am-5 pm	Highlands of Olympia	\$45/person

For details, call the ITT Office (Bldg. 400) at 688-3537.

All trips include transportation, lift ticket and rentals.

*Nordic Mountain trip includes one night's accommodation in a double room & two days of snowboard rentals, cost \$180 (or ski rental \$160).



Series of essays focuses on terrorism in Horn of Africa

By LT. CMDR. YOUSSEF
ABOUL-EINEIN
MSC, USN

"Battling Terrorism in the Horn of Africa," edited by Robert Rotberg. Brookings Institution Press, Washington DC, 2005. 195 pages.

The war against terrorism has made parts of the globe that was neglected during the decade of the peace dividend following the collapse the Soviet Union, new areas for support, attention, and outright insurgency warfare for the United States and her allies.

In World War II, Americans listened to the radio and traced the progress of the war in places they had never heard before in the Pacific and in Europe. Today with satellite television, Americans must be re-engaged in areas such as Kandahar, Quetta, Lahore, Karachi, Ramadi, Najaf and many more areas of the world in which the war in terrorism is being fought.

The subject of this book is the Horn of Africa. "Battling Terrorism in the Horn of Africa" (Washington DC:

Brookings Institute Press in collaboration with the World Peace Foundation, 2005) is a series of eight essays on Yemen, Djibouti, Somalia, Eritrea, Sudan and Kenya. Areas that battle terrorism with the help of United States Central Command (CENTCOM) and European Command (EUCOM), as well as areas that are or have been havens for terrorism like Somalia, Sudan and Yemen, exist in the Horn of Africa Area of Operation. When reading the history of conflict and of cooperation in these nations, think about how little expenditure is needed for this region to join in the battle against Islamist militancy and tribal conflicts. This miniscule funding can work to the advantage of transnational terrorists and governments attempting to put order in a region or area that is ungovernable.

Readers will learn about recent and troubling developments in Somalia, where Islamist militants some with connections to Al-Qaeda have taken hold the capital city of Mogadishu and threaten to spread their militant religiosity among the peaceful yet discrim-

inated Muslim minorities in southern Kenya.

The chapter on Djibouti demonstrates how the United States, through a small capital outlay is able to establish a rapid response presence, that enables commanders to have the option of preempting threats in the Horn of Africa. Eritrea, at some point considered to have the most modern African army of three brigades of 18,000 troops, was engaged in wars with a dozen African nations, and now is splintered, with Islamist militants gaining a small hold in that country. The choice is whether to allow it to grow, or to destabilize this radical presence through variety of means.

With the Middle East being a central focus, it is important not to loose sight of future areas of chaos that radicals can exploit.

Editor's Note: Aboul-Enein writes for three base papers, the *Naval District Washington Waterline*, *Great Lakes Bulletin* and *Quantico Sentry*. He wishes to think the John T. Hughes Library for providing the book and the study space to write this review.

Bush names retired admiral as director of national intelligence

By DONNA MILES
American Forces Press Service

WASHINGTON – President Bush today named retired Navy Vice Adm. J. Michael McConnell as the director of national intelligence to succeed John Negroponte.

Bush also nominated Negroponte, who has held the post for almost two years, to become deputy secretary of the State Department.

McConnell will bring solid "experience, intellect and character" to the DNI position, Bush said. He cited McConnell's service as director of the National Security Agency from 1992 to 1996 and as the chief intelligence advisor to Gen. Colin Powell, then-chairman of the

Joint Chiefs of Staff, during Operation Desert Storm.

"Admiral McConnell has decades of experience ensuring that our military forces had the intelligence they need to fight and win wars," the president said. He also noted McConnell's proven ability to work with Congress and the White House.

Bush said this experience will be critical for the important position he has called on McConnell to fill. As DNI, he will be responsible for determining the national intelligence budget, overseeing the collection and analysis of intelligence information, ensuring that intelligence agencies share information with each other and creating common standards for intelligence community person-

nel.

Negroponte, a career federal service officer returning to the State Department, praised the state of U.S. intelligence and said he's confident McConnell will continue building on improvements already under way. The U.S. intelligence community "has embraced the challenge of functioning as a single, unified enterprise, and reaffirmed the fact that it is the best intelligence community in the world — second to none," Negroponte said.

McConnell said he's honored for the opportunity to lead the intelligence community and recognizes the importance of providing "the right information to the right decision maker in the right time and format."



Your "Home Away From Home"

For current program info see Web site:
www.uso.org/Illinois

Your USO Great Lakes "Home Away From Home" Has So Much to Offer!

- Six computers with Internet, printers and fax (\$1 per hr)
 - A library with books and magazines you can take with you! FREE
 - Quiet study rooms large enough for groups.
- Big screen movie rooms with all the latest movies. FREE!
 - Four Pool tables FREE!
 - A Music Room with guitars, drum set, keyboard and amps. FREE!
 - Art Room loaded with art supplies. FREE!
- PlayStation 2, N-64 and X-Box with all the latest games. FREE!
- NO DOUGH DINNER/KAROE! We feed you the night before payday! Don't forget "No-Dough" dinner the night before each payday at 5:30 p.m.

NAVY PIER TICKET INFORMATION

The Standard I-Max tickets: Regular price \$10.50. USO Price is \$5. Standard tickets cover the 50-minute, 3-D movie.

Tickets are available for purchase at the Navy Pier USO.

The Premier I-Max Tickets: Regular price \$14.50. USO Price is \$8. Premier tickets cover full-length movies and are available for purchase at the Navy Pier USO.

The 3-D Thrill Ride offers discounts when presenting a military ID.

The Sea Dog offers discounts when presenting a military ID.

The Shoreline Water taxi is free for military in uniform.

The Tall Ship "Windy" offers free rides to military in uniform.

For information on all USO, special events go to www.uso.org/Illinois and click on link to Special Events or the link for the Calendar of Events. The Great Lakes USO is Located in Bldg. 27 on the Great Lakes Naval Station near the main gate. The hours of operation for center usage are Monday-Friday 3-9 p.m. and Saturday and Sunday 11 a.m. - 9 p.m. The USO is open Monday - Friday from 8 a.m. - 3 p.m. for outreach programs, ticket programs, and general assistance. For any questions or comments, call (847) 688-5591. Serving Our Troops Since 1941: The mission of the Corporation is to enhance the quality of life of the U.S. Armed Forces personnel and their families and to create a cooperative relationship between U.S. military communities and involved or supporting civilian communities.

Girl Scouts host winter beach bash

Does your daughter want to make new friends, increase her self-esteem, have fun, and be part of a all girl organization?

Girl Scouts will be hosting two, fun filled nights of beach ball volleyball, limbo, and crafts for all girls ages 5-17. Bring your daughter(s) to one of Winter Beach Bash nights at Forrestal School, in Forrestal

Village, on one of the following Thursdays: Jan. 25 or Feb. 8.

A parent meeting will also be held during the activities. Come learn more how you can help your daughter have a successful experience in Girl Scouting.

Call Courtney (847) 573-0500 ext. 2512, or e-mail her at cfeuquay@ilcrosroads.org for more information.



Amanda Mouer and Lloyd Favours work on craft projects with Miss Burdette in the Child Development Center 4- and 5-year olds' classroom.



Miss Karen reads to the 3- and 4-year-old Buttercups during story time at Bldg. 2700.

CHILD AND YOUTH PROGRAM WINS CNIC AWARD

Story and Photos By JUDY R. LAZARUS
Bulletin Associate Editor

The Naval Station Morale, Welfare and Recreation Department Child and Youth Program (CYP) has earned the Commander Naval Installation Command (CNIC) 2006 CYP Program Excellence Award for its overall outstanding performance. This Navy-wide top award covers two Child Development Centers (CDCs), the Youth and School Age Care (SAC) Program, and the Child Development Home Program at Great Lakes, as well as a CDC, SAC, and Home Program at Glenview, and Home Program at Fort Sheridan.

The award plaque, which is now at the Bldg. 3110 CDC, will be on display at the various facilities so that staff and parents alike may view it, noted Nina Hepburn, CYP program administrator.

"This wasn't due to one person," Hepburn said. "It was the entire team. I'm thrilled with how hard they've worked. I'm very proud of them."

The program was judged on excellence in personnel, type of programs provided and the quality of the programs.

"This is great recognition for a group of dedicated professionals that often get overlooked," said Jerry Hieb, MWR director. "The caregivers at Naval Station are committed to their profession as much as anyone. Many of the staff have taken and are taking college classes to further their knowledge and skills after caring for the children all day."

"One of the reasons the program was selected as the Navy's best was this commitment to training and education," Hieb noted. "On a percentage basis the Naval Station program has more staff members with either a four-year college degree, an associates degree, or a CDA (Child Development Associate) credential than any other program in the Navy."

"This commitment starts at the top with Nina Hepburn, the Child Develop Program administrator. She is always encouraging the staff to grow and try new things. The more the staff can learn and stay engaged the more the children will look forward to coming to the center each day. When this happens, the program has truly achieved its goal of providing a safe and enjoyable place for children, thus keeping their parents from worrying whether they are safe and happy during the day."

All CDC programs are accredited by the National Association for the Education of Young Children, noted Kathy Herr, director of the facility at Bldg. 3110 and director of the Home Program.

Her CDC currently has 64 children from 6 weeks to 3 years of age, and is open from 6 a.m. to 5:30 p.m.

Herr, who came to Great Lakes in 1993 from Ft. Sheridan and has been with military child care for 24 years, stressed the importance of caregivers earning CDAs and education degrees. Of her 18 teaching staff members, 12 have CDAs, three have degrees in early childhood education, and three are currently enrolled in school.

"We all work as a team and feel we are making a difference for the children," Herr said. "It's a lot of responsibility. You have to love children."

The award was quite an honor, the director said. "People expect excellence and that's what we want to give them."

Participants in the home program, which now has 21 providers, are also encouraged to receive their CDAs, noted Gina Bernardy, child development home monitor. Training is held periodically with a new provider training session scheduled for Jan. 22.

"There is always a need for new home providers," Bernardy noted.

All CDC staff and home care personnel must have thorough background checks and training.

At present 195 children - infants, pre-toddlers, toddlers and pre-schoolers - spend their daytime hours at Bldg. 2700 which is under the direction of Cindy Fickel. The Pensacola, Fla. native who now lives in Grayslake, is on her second tour at Great Lakes. She was at the center when it opened in 1991, returned to the base, working at the Infant Care Center in 1997, and back to the CDC in 1998.

Of her 41 staff members, 17 have completed their CDAs, and eight are working on them.

Caregivers who have an associate degree in early childhood education do not have to have a CDA, Fickel noted.

"Kathy and her facility started us off, prompting our staff to get their CDAs," she said. Training curriculum specialist Joan Weiss and program lead Dale Richardson initially helped mentor those working on their credentials.

"I think this played a part in our winning the award," Fickel said. "It was such a nice surprise. We were not expecting it."

Glenview's Child Youth Development Program has a regular total enrollment of 63 with 22 staff members.

Director Carmen Hood, a native of Puerto Rico, was at Great Lakes from 1992 to 1995 and returned last June.

"We feel very honored to be recognized for a job well done," she said. "Especially when this is what we love doing."

"I would like to recognize the hard work and dedication of all the staff and especially that of Amita Thakar, a great employee who continues her education and was awarded a Presidential Scholar Award at Oakton College."

Great Lakes' Youth and School Age Care Program provides a wide-range of activities before and after school for children in Kindergarten to sixth grade. Approximately 45 youngsters are at Bldg. 2600 from 6 to 8:30 a.m., and approximately 60 are there from 2:30 to 5:30 p.m.

"I think this is a wonderful program," said Youth and Family Activity Director Darlene Echeverria. It helps our school age youth and really focuses on the military community.

"I think we received the award because we function as a team; we all work together."

"We provide a lot of various activities on a daily basis for the kids when they come in before and after school," said Lori Lefor, school age care director. "And we have a Power Hour Homework program which provides a nice quiet place for them to do homework. We also have arts and crafts, science activities, and games, as well as physical activities in the gym."

"Our military children deserve the best," Hepburn said. "As a colleague of mine said, 'If these parents put their lives on the line so the rest of us can be safe, why shouldn't we have the best program for their children?'"



Oklahoma native Melissa Weaver provides home day care to Tala Moskalik, Michaela O'Connor, and Marcus Speights, in addition to Tala's sister Kessa, who arrives at 11:30 a.m.



From left, Jerickah Embry, Keana Wright, and Bria Johnson relax during an afternoon at the School Age Care Program in Bldg. 2600.



Glenview CDC education technician "Miss Lana" Makstman holds Mikayla Echavez while John Wilbert plays with one of the many toys provided at the center.